



# CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

## MONDAY, JULY 3

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | SWISS MUSHROOM BURGER WITH CHIPS @ \$2.65 .....WITH FRIES | \$3.65 |
| <b>LOWFAT</b>  | TUNA SALAD SUB  | \$2.95 |
| <b>FEATURE</b> | SAUSAGE N KRAUT, POTATO, . & ROLL                         | \$4.90 |
| <b>FEATURE</b> | HAMBURGER MACARONI CASSEROLE WITH VEG. & BREADSTICK       | \$4.58 |

## TUESDAY, JULY 4

|                |  |  |
|----------------|--|--|
| <b>GRILL</b>   | CLOSED                                       |  |
| <b>LOWFAT</b>  | HAPPY AND SAFE 4 <sup>TH</sup><br>TO YOU ALL |  |
| <b>FEATURE</b> |  |  |
| <b>FEATURE</b> |  |  |
| <b>FEATURE</b> |  |  |

## WEDNESDAY, JULY 5

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | TACO SALAD BAR                                  | \$5.14 |
| <b>LOWFAT</b>  | CHICKEN SALAD WRAP                              | \$2.95 |
| <b>FEATURE</b> | ROAST PORK WITH DRESSING, POTATOES, VEG. & ROLL | \$5.14 |

## THURSDAY, JULY 6

|                |   |        |
|----------------|---|--------|
| <b>GRILL</b>   | GRILLED CHICKEN BREAST on SOUR DOUGH BUN withSWISSn<br>SAUTEE MUSHROOMS and CHIPS @ \$2.95<br>..... WITH FRIES                | \$3.95 |
| <b>LOWFAT</b>  | SEVEN LAYER SALAD   | \$3.25 |
| <b>FEATURE</b> | STUFFED GREEN PEPPERS WITH POTATO & ROLL  | \$4.58 |
| <b>FEATURE</b> | PORK CHOP WITH POTATOES, VEG & ROLL   | \$5.14 |
| <b>FEATURE</b> | BAKED POTATO WITH CHILI FIXINS<br>(EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour<br>Cream-.25 each) | \$3.25 |

## FRIDAY, JULY 7

|                |  |        |
|----------------|--|--------|
| <b>GRILL</b>   | B L T SANDWICH AND CHIPS \$2.65 WITH FRIES | \$3.65 |
| <b>LOWFAT</b>  | CRAB SALAD ON 7 GRAIN HEALTHY CHOICE BREAD | \$2.95 |
| <b>FEATURE</b> | SCALLOPED POTATOES N HAM WITH VEG & ROLL   | \$4.90 |

## DAILY SPECIALS

**FRENCH FRIES ARE \$1.25 OR \$1.00 WITH A SANDWICH**

|                         |                 |        |
|-------------------------|-----------------|--------|
| *** GRILLED CHICKEN *** |                 | \$2.70 |
| HOT BEEF SANDWICH       |                 | \$4.58 |
| ROAST BEEF DINNER       |                 | \$4.90 |
| SALAD BAR               |                 | \$1.90 |
| CHILI                   | CUP \$1.50 BOWL | \$2.00 |
| SOUP                    | CUP \$1.45 BOWL | \$1.95 |

**CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.**  
BREAKFAST: 7:00 - 10:30 LUNCH: 10:30 - 1:30

